

WELLBEING VIDEO BREAKS

Why Maslow's Hierarchy of Needs Matters

<https://www.youtube.com/watch?v=L0PKWTta7IU&list=PLwxNMb28XmpehnfQOa4c0E7j3Glj4qFEj&index=105>

Patty McCord: 8 lessons on building a company people enjoy working for

<https://www.youtube.com/watch?v=iBa9EoEbb38>

How stress affects your brain

<https://www.youtube.com/watch?v=WuyPuH9ojCE>

Steps to Stop Remote Burnout

<https://www.youtube.com/watch?v=PZr142ka96k&t=4s>

6 Ways to Improve Your Health and Well-Being at Work

<https://www.youtube.com/watch?v=WGIACnI7iXc>

Calm Breathe Bubble

<https://www.youtube.com/watch?v=5DqTuWve9t8>

Beyonce – Crazy in Love

<https://www.youtube.com/watch?v=JCddJ4msdb4>

Lisa Nichols - Inspirational

<https://www.youtube.com/watch?v=wyyFlfoB2Gk>

Bailando

<https://www.youtube.com/watch?v=yv-DcNTOMp4>

Dan Pink – Persuasion

<https://www.youtube.com/watch?v=WAL7Pz1i1jU>

Prince Ea – Lifespan

<https://www.youtube.com/watch?v=M2NDQOgGycg>

Don't Chase Happiness. Become Antifragile

https://www.youtube.com/watch?v=e-or_D-qNqM

Top 5 Ways to Make Employees Happy

<https://www.youtube.com/watch?v=TI6rzPKA3Lg>

6 Ways to Improve Your Health and Well-Being at Work

<https://www.youtube.com/watch?v=WGIACnI7iXc>